

### AMENDMENTS TO THE CLAIMS

The listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims:

1. (currently amended) An pulley system exercise device comprising:  
a support;  
at least one arm having a proximal end and a free distal end;  
~~a rotating tube having first and second apertures and a passageway extending within the tube, wherein the tube is configured to receive a cord therethrough;~~  
~~a tube coupled to the support and the proximal end of the arm to facilitate pivoting of the arm with respect to the support;~~  
~~a cord extending through the tube and coupled to a resistance assembly; and~~  
~~a pulley having a channel configured to receive the a portion of the cord, the pulley being coupled to the arm, wherein the tube and the pulley are positioned at the proximal end of the arm; and~~  
~~means for aligning the channel of the pulley with the passageway of the tube, wherein the means for aligning is coupled to the tube and to the pulley, such that as the tube rotates the pulley moves therewith, and wherein a portion of the channel of the pulley is positioned within the tube.~~
  
2. (currently amended) An pulley system exercise device as recited in claim 1,  
~~further comprising a cord extending along the tube and through the first and second apertures, and wherein the second aperture pulley is located in a sidewall of the tube.~~

3. (currently amended) An pulley system exercise device as recited in claim 1,  
further comprising:

~~a second pulley having a second channel; and~~

~~means for aligning the second channel with the tube.~~

wherein the tube is affixed to the arm and rotatably coupled to the support,  
thereby facilitate pivoting of the arm with respect to the support.

4. (Currently Amended) A pulley system as recited in claim 1, wherein the ~~means~~  
~~for aligning the channel of the pulley with the passageway of the tube comprises an arm coupled~~  
~~to the tube, the pulley being rotatably mounted on the arm. resistance assembly comprises a~~  
weight stack.

5. (currently amended) An pulley system exercise device comprising:  
a support;  
an arm having a proximal end and a free distal end;  
a cord coupled to a resistance assembly;  
a rotating tube having first and second apertures and a passageway extending within the tube, wherein the tube is configured to receive a portion of the cord therethrough, and wherein the tube is coupled to the support and the arm to facilitate pivoting of the arm with respect to the support; and  
a pulley having a channel configured to receive the cord, the pulley being rotatably coupled to the arm such that a portion of the channel of the pulley is positioned within the tube, and wherein the pulley and tube are positioned at the proximal end of the arm, the device configured such that a user can exercise by moving the cord.; and  
~~an arm configured to align the channel of the pulley with the passageway of the tube, wherein the arm is coupled to the tube and to the pulley such that as the tube rotates the pulley moves therewith, and wherein a portion of the channel of the pulley is positioned within the tube.~~

6. (original) A mechanism as recited in claim 5, wherein the arm is an articulating arm of an exercise device.

7. (currently amended) An pulley system exercise device as recited in claim 5, further comprising a wherein the cord extends along the tube and through the first and second apertures, and wherein the second aperture is located in a sidewall of the tube.

8. (currently amended) An pulley system exercise device, comprising:  
a support;  
at least one arm having a proximal end and a free distal end;  
a rotatable tube having first and second apertures, wherein the tube is coupled to  
the arm and the support to facilitate pivoting of the arm with respect to the support;  
a cord extending through the first and second apertures of the tube, the cord being  
coupled to a resistance assembly;  
a fixed pulley having a first channel corresponding to the first aperture such that the first channel receives the cord and a portion of the cord is located within a passageway of the tube; and  
a selectively orientable pulley having a second channel configured such that the second channel receives the cord, wherein the selectively orientable pulley and the tube are positioned at the proximal end of the arm, the device configured such that a user can  
exercise by moving the cord.
9. (currently amended) An pulley system exercise device as recited in claim 8, wherein the second-selectively orientable pulley is selectively orientable with relation to the fixed pulley.
10. (currently amended) An pulley system exercise device as recited in claim 8, wherein a portion of the selectively orientable pulley is inserted into the second aperture of the tube to align the second channel with the passageway of the tube.

11. (currently amended) An pulley mechanism exercise device comprising:
- a support;
- a first pulley coupled to the support;
- a second pulley;
- a tube having first and second apertures, wherein the second aperture is located in a sidewall of the tube, and wherein the tube is coupled to the support; and
- an arm having a proximal end and a free distal end, the tube being coupled to the arm at the proximal end to facilitate pivoting of the arm with respect to the support, the second pulley being coupled to the proximal end to the arm, coupled to the tube at one end, the other end of the tube being pivotably coupled to a support, the first pulley also being coupled to the support; and
- a cord coupled at one end thereof to a resistance assembly, wherein the such that a cord is received in a channel of extends along the first pulley, extends through the first aperture of the tube, out the second aperture of the tube and along is received in a channel of the second pulley, and exits the second aperture of the tube after contacting the channel of the second pulley, then extends along, and exists the arm, the device configured such that a user can exercise by moving the cord.

12. (currently amended) A mechanism as recited in claim 11, wherein at least a portion of the second pulley is located within the second aperture to align a the channel of the second pulley with a passageway of the tube.

13. (currently amended) An exercise device, comprising:

a support; and

~~at least one exercise station coupled to the support, wherein the exercise station includes a pulley mechanism, the pulley mechanism comprising:~~

at least one arm having a proximal end and a free distal end;

a tube having a first aperture, a second aperture located in a sidewall, and a passageway extending therebetween, the tube being movably coupled to the support and the arm to facilitate movement of the arm with respect to the support;  
and

a pulley coupled to the support, the pulley having a first channel corresponding to the first aperture such that the first channel receives a cord and a portion of the cord is located within a passageway of the tube, the cord being coupled at one end thereof to a resistance assembly; and

a second pulley having a second channel corresponding to the second aperture such that the second channel receives the cord and such that the cord is essentially unaffected as the second pulley is reoriented from a first position to a second position, the second pulley and tube being positioned at the proximal end of the arm, the device configured such that a user can exercise by moving the cord.

14. (original) An exercise device as recited in claim 13, wherein the exercise station includes a plurality of selectable positions.

15. (Currently Amended) An exercise device as recited in claim 13, wherein the mechanism includes an arm that is pivotally coupled to the support second aperture is located in a sidewall of the tube.

16. (original) An exercise device as recited in claim 13, wherein a first end of the cord is coupled to a load and the second end of the cord is coupled to a handle.

17. (original) An exercise device as recited in claim 13, wherein when the tube rotates, the tension of the cord is substantially unaffected.

18. (currently amended) An exercise device, comprising:
- a resistance assembly;
  - a vertical support;
  - an exercise station movably coupled to the vertical support, the exercise station comprising:
    - a tube rotatably coupled to the vertical support, the tube having a first aperture, a second aperture and a passageway extending therebetween, the second aperture extending through a sidewall of the tube;
    - a first pulley rotatably coupled to the vertical support, the first pulley having a channel corresponding to the first aperture of the tube;
    - an arm ~~rotatably~~-coupled to the tube;
    - a second pulley rotatably coupled to the arm, the second pulley having a channel corresponding to the second aperture of the tube, wherein a portion of a channel of the second pulley is positioned within the second aperture; and
    - a cord extending through the first and second apertures, a first end of the cord being coupled to the resistance assembly, a second end of the cord being coupled to a handle configured to be grasped by a user, and an intermediate portion of the cord extending between the first and second pulleys, wherein the extension-arm is selectively positioned between a first and second position.

19. (original) A pulley system as recited in claim 18, wherein as the tube rotates, the length of the cord does not vary substantially.

20. (original) A pulley system as recited in claim 18, wherein the resistance assembly comprises a weight stack comprising a plurality of selectable weights.

21. (currently amended) An pulley system exercise device comprising:

a rotating tube having first and second apertures and a passageway extending within the tube, wherein the tube is configured to receive a cord therethrough;

a pulley having a channel configured to receive the cord; and

means for aligning the channel of the pulley with the passageway of the tube, wherein the means for aligning is coupled to the tube and to the pulley, such that as the tube rotates the pulley moves therewith, and

wherein the means for aligning the channel of the pulley with the passageway of the tube comprises an arm coupled to the tube, the arm having a proximal end and a free distal end, the pulley being rotatably mounted on the arm, wherein the pulley and tube are positioned at the proximal end of the means for aligning, the cord being coupled to a resistance assembly such that an exerciser can exercise by moving the cord.

22. (Cancelled).

23. (currently amended) An exercise device, comprising:

a support; and

~~at least one exercise station coupled to the support, wherein the exercise station includes a pulley mechanism, the pulley mechanism comprising:~~

a tube having a first aperture, a second aperture and a passageway extending therebetween, the tube being movably coupled to the support; and

a cord coupled to a resistance assembly;

a pulley having a first channel corresponding to the first aperture such that the first channel receives ~~a~~ the cord and a portion of the cord is located within a passageway of the tube; and

at least one arm having a proximal end and a free distal end, wherein the proximal end of the arm is coupled to the tube to facilitate pivoting of the arm with respect to the support; and

a second pulley mounted on the arm, the second pulley having a second channel corresponding to the second aperture such that the second channel receives the cord and such that the cord is essentially unaffected as the second pulley is reoriented from a first position to a second position, a portion of the second pulley being positioned within the tube.

24. (new) An exercise device comprising:

- a resistance assembly;
- a support;
- an arm movably coupled to the support;
- a first pulley rotatably coupled to the support, the first pulley having a first channel;
- a second pulley rotatably coupled to the arm; and
- a cord having a first end, a second end, and an intermediate portion, a first end of the cord being coupled to the resistance assembly, the intermediate portion of the cord extending between the first and second pulleys, and the second end of the cord configured such that an exerciser can exercise by moving the cord;

wherein the intermediate portion of the cord extends along a longitudinal axis, and wherein the arm pivots about said longitudinal axis.

25. (new) A device as recited in claim 24, wherein the arm defines a longitudinal axis that is transverse to the longitudinal axis defined by the intermediate portion of the cord.

26. (new) A device as recited in claim 25, wherein the arm is selectively positioned between a first position and a second position.

27. (new) A device as recited in claim 24, wherein the arm is movably coupled to the support through the use of a tube affixed to the arm, the arm being rotatably coupled to the support.

28. (new) A device as recited in claim 27, wherein the intermediate portion of the cord extends through the tube.

29. (new) A device as recited in claim 24, wherein the tube is rotatably coupled to the support and the arm is affixed to the tube.

30. (new) A device as recited in claim 24, wherein the arm is affixed to a tube rotatably coupled to the vertical support, the tube having a first aperture, a second aperture and a passageway extending therebetween, the second aperture extending through a sidewall of the tube; the second pulley being positioned within the sidewall.

31. (new) An exercise device, comprising:

- a resistance assembly;
- a vertical support;
- a first pulley rotatably coupled to the vertical support, the first pulley having a first channel;
- an arm coupled to the vertical support such that the arm pivots with respect to the vertical support, the arm being movable between a first and second position;
- a tube coupled to the vertical support and the proximal end of the arm to facilitate pivoting of the arm with respect to the support;
- a second pulley rotatably coupled to the arm, the second pulley having a second channel; and
- a cord having a first end and a second end, a first end of the cord being coupled to the resistance assembly, a second end of the cord being coupled to a handle configured to be grasped by a user, and an intermediate portion of the cord extending between the first and second pulleys,
  - wherein the first channel corresponds with the second channel such that the intermediate portion of the cord extends between the first pulley and the second pulley, the intermediate portion having a longitudinal axis, the arm pivoting about said longitudinal axis, wherein said longitudinal axis is transverse to a longitudinal axis defined by the arm.

AMENDMENTS TO THE DRAWINGS

The attached sheets of drawings include changes to Figure 1 and Figure 2. These sheets, which include replacement sheets for Figure 1 and Figure 2, and redlined sheets showing the changes made replace the original sheets including Fig. 1 and Fig. 2.

Attachment: Two Replacement Sheets

Two Annotated Sheets Showing Changes